

Center Hours

MONDAY THROUGH THURSDAY 7:00 AM to 5:30 PM
FRIDAYS8:00 AM to 5:00 PM
SATURDAYS(See schedule)
SUNDAYSCLOSED
(FRONT OFFICE HOURS: MONDAY – THURSDAY 7:00 AM TO 5:30 PM)

Daily Activities At The Center

**Nutrition served Monday – Friday at 11:30 AM.*

MONDAY	TUESDAY
7:30 AM Open Recreation 10:00 AM Good Neighbor's Bingo	7:30 AM Open Recreation 12:00 PM Club Durazo (3/8 & 3/22)
WEDNESDAY	THURSDAY
7:30 AM Open Recreation 8:30 AM Be Well Class 1:00 PM Hispano Americano Club	7:30 AM Open Recreation 6:00 PM Senior Center Bingo
FRIDAY	SATURDAY
8:00 AM Open Recreation Dark: 3/25	12:00 PM Presidents' Council Black & White Dance 3/12/16

CITY OF EL MONTE
JACK CRIPPEN MULTIPURPOSE SENIOR CENTER
3120 N. Tyler Avenue
El Monte, CA 91731
(626) 580-2210

March 2016

SENIOR GYM

Monday – Thursday from 9:00 AM – 1:00 PM &
Tuesday & Thursday from 5:30 PM – 7:30 PM
\$1.50 per day/\$15 per month for El Monte residents
\$2.50 per day/\$25 per month for non El Monte residents
\$1.00 for ages 62 years and over with CDBG eligibility

MOVIE TUESDAY March 1 & 29 at 12 PM in the auditorium

Presidents' Council *Black & White Dance* on Sat. March 12, 12 PM to 5:00 PM.

Call Rolando Ganuza at (213) 880-7309 for details.

BLOOD PRESSURE CLINIC on Wed. March 16 at 10:00 AM

SENIOR LAP SWIM at the Aquatics Center

\$2.50 for ages 50 years and over

\$1.00 for ages 62 years and over with CDBG eligibility

Free admission for Healthways Silver Sneaker participants, eligibility required.

Monday – Thursday 10:00 AM – 11:30 AM

Tuesday – Thursday 7:00 PM - 9:00 PM

**For more information on upcoming events,
please contact the Jack Crippen Multipurpose Senior Center**

626-580-2210

Monday – Thursday

7:30 AM – 5:30 PM



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY*	SATURDAY
		HAWAIIAN CHICKEN 1 Corn Chowder Fresh Yams Romaine Salad Orange	CHILI VERDE 2 Split Pea Soup Red Potatoes Spinach Salad Peaches	SOFT CHICKEN TACOS 3 Brown Rice Pinto Beans Lettuce & Tomato Salad Cantaloupe	BAKED FISH or PORK ROAST 4 Green Beans Potato Wedges Marinated Salad Chocolate Cake	5
6	CHICKEN PARMESAN 7 Spaghetti Broccoli Carrot & Raisin Salad Banana	BEEF FAJITAS 8 Seasoned Rice Pinto Beans Coleslaw Peanut Butter Cookies Apple Juice	CHICKEN DEVIAN 9 Lentil Soup Buttered Noodles Corn Combination Salad Cantaloupe	STUFFED PEPPER 10 Chicken Rice Soup Cauliflower & Broccoli Green Bean Salad Pineapple Chunks	BAKED FISH or CHILI EGG PUFF 11 Rice Pilaf Parsley Carrots Tossed Salad Chocolate Pudding Orange Juice	12 Presidents' Council Black & White Dance Dance: 1-5 pm (\$10/ea.) Lunch: 12-4 pm (\$6/ea.) Tickets for sale at the Door
13	BEEF TACO 14 Rice Black Beans Lettuce & Tomatoes Orange	BAKED TURKEY 15 Normandy Veggies Biscuit Yams Seasonal Fresh Fruit	SPAGHETTI & MEAT SAUCE 16 Minestrone Soup Peas & Carrots Green Salad Citrus Fruit Salad	CORNERD BEEF 17 Cabbage Boiled Potatoes Garden Salad Chocolate Cake Orange Juice	BAKED FISH or PORK ROAST 18 Sautéed Spinach Marinated Tomato & Green Pepper Salad Pears	19
20	ROAST TURKEY 21 Fresh Sweet Potato Harvard Beets Coleslaw Pumpkin Bread Apple Juice	HAMBURGER PATTY 22 Barley Mushroom Soup BBQ Beans Corn Lettuce & Sliced Tomato Citrus Cup	CHICKEN A LA MORRISON 23 Rice Pilaf Green Beans Spinach Salad Banana	BEEF STEW 24 Tomato Bisque Soup Potatoes, Peas & Carrots Lettuce & Tomato Salad Cantaloupe	25 Center Closed GOOD FRIDAY	26
27	TACO SALAD 28 Tex Mex Rice Pinto Beans Shredded Lettuce Citrus Cup	BBQ CHICKEN 29 Vegetable Soup Canned Yams Coleslaw Banana	BEEF LASAGNA 30 Green Beans Spinach Salad Oatmeal Cookie Orange Juice	SWEET & SOUR CHICKEN 31 Rice Pilaf Chinese Veg. Blend Romaine Salad Pears Chicken Noodle Soup		

*** PLEASE, SIGN-UP IN ADVANCE FOR FRIDAY'S MENU CHOICES.
WHEN CALLING, PLEASE INDICATE YOUR CHOICE BETWEEN
FISH OR MEAT.**